

**SANDHILL CHILDREN'S CENTER-SOUTHERN PINES CAMPUS AUGUST 2017 MENU**

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK</b>
Tuesday , August 1	Mini Homemade Whole Wheat Blueberry Muffins, Bananas Milk	BBQ Chicken Sandwiches on Whole Wheat Buns Black Eyed Peas, Sweet Pickles, Fresh Sliced Apples Milk	Goldfish Cheese Crackers Bananas
Wednesday, August 2	Whole Grain Cheerio Cereal Applesauce Milk	Baked Beans w/ Diced Ham Sweet Corn, Sliced Cantaloupe, Whole Wheat Bread Milk	Whole Grain Sun Chips Fresh Sliced Apples
Thursday, August 3	Turkey Sausage Links Whole Wheat Biscuits, Bananas Milk	Homemade Turkey Burgers on Whole Wheat Buns Baked French Fries, Sliced Cantaloupe Milk	Whole Wheat Crackers String Cheese Diced Pears
Friday, August 4	Whole Wheat Plain Waffles w/ Blueberry Spread, Diced Pears Milk	Cheese Pizza on Whole Wheat Crust Green Beans, Diced Pears Milk	Whole Grain Strawberry Yogurt Filled Chex Snack Mix Fresh Sliced Oranges
Monday, August 7	Whole Grain Corn Kix Cereal Diced Peaches Milk	All White Meat Chicken Nuggets Peas and Carrots, Sliced Cantaloupe, Whole Wheat Rolls, Milk	Whole Grain Chex Cheddar Snack Mix Fresh Sliced Oranges
Tuesday, August 8	Cheese Grits, Whole Wheat Bread Applesauce Milk	Turkey Hot Dogs, Whole Wheat Bread Baked Green Bean Veggie Sticks, Diced Pears, Pickles Milk	Whole Wheat Crackers String Cheese Bananas
Wednesday, August 9	Whole Wheat Biscuits w/ Blueberry Cream Cheese Spread, Sliced Oranges Milk	Tacos w/ Ground Turkey, Lettuce, Tomatoes, Cheese, Whole Corn Tortilla Scoops, Sliced Oranges Milk	Whole Wheat Baked Veggie Sticks Sliced Pineapple
Thursday, August 10	Whole Grain Rice Chex Cereal Fresh Sliced Apples Milk	Ham and Cheese Sandwiches on Whole Wheat Bread Green Peas, Sliced Pineapple Milk	Goldfish Cheese Crackers Bananas
Friday, August 11	Whole Wheat Cinnamon Raisin Bagels w/ Cream Cheese Spread, Sliced Honey Dew Milk	Hamburgers on Whole Wheat Buns Baked French Fries, Sliced Honeydew, Pickles Milk	Whole Grain Rich Bread Sticks w/ Marinara Dip Fresh Sliced Apples
Monday, August 14	Whole Wheat Blueberry Bagels w/ Blueberry Spread, Fresh Sliced Apples Milk	Fish Sticks Baked Beans, Coleslaw, Bananas, Hush Puppies Milk	Whole Wheat , Wheat Thins Sliced Cantaloupe
Tuesday, August 15	Whole Wheat Cinnamon Raisin Bread w/ Homemade Strawberry Spread, Bananas Milk	Turkey Hot Dogs on Whole Wheat Buns Baked French Fries, Coleslaw, Chili, Sliced Oranges Milk	Whole Grain Oyster Crackers Honey Dew
Wednesday, August 16	Turkey Sausage Links, Whole Wheat Biscuits Bananas Milk	Turkey and Cheese Sandwiches on Whole Wheat Bread, Sweet Corn, Bananas Milk	Cucumber Slices Goldfish Pretzels
Thursday , August 17	Homemade Whole Wheat Pancakes w/ Homemade Fruit Topping, Sliced Oranges Milk	Veggie and Meat Tray w/ Ham and Turkey, Marinated Veggies, Whole Wheat Crackers, Sliced Cantaloupe, Milk	Carrots and Cucumber Slices w/ Ranch Dressing Whole Wheat Crackers
Friday, August 18	Homemade Mini Strawberry Muffins Sliced Cantaloupe Milk	Bacon and Cheese Pizza on a Whole Wheat Crust Green Beans, Fresh Sliced Apples Milk	Whole Grain Chow Mein Noodles Fresh Sliced Apples
Monday, August 21	Whole Wheat Blueberry Bagels w/ Blueberry Spread, Fresh Sliced Apples Milk	Homemade Sloppy Joe Sandwiches on Whole Wheat Buns, Green Beans, Bananas Milk	Rice Chex Cereal Snack Mix Raisins
Tuesday, August 22	Whole Wheat English Muffins w/ Ham and Cheese, Bananas Milk	Grilled Cheese Sandwiches on Whole Wheat Bread Green Peas, Sliced Oranges Milk	Fresh Green Bean Sticks w/ Ranch Dip Whole Wheat Crackers
Wednesday, August 23	Whole Wheat Plain Waffles w/ Blueberry Spread, Diced Pears Milk	Tuna Salad Sandwiches on Whole Wheat Bread Cucumber Slices w/ Ranch Dressing, Cantaloupe Milk	Whole Corn Tortilla Chips w/ Cheese Dip Sliced Cantaloupe
Thursday, August 24	Closed	Closed	Closed
Friday, , August 25	Closed	Closed	Closed
Monday , August 28	Whole Grain Cheerio Cereal Bananas Milk	Baked Mac and Cheese Casserole w/ Diced Ham Green Beans, Sliced Honeydew, Whole Wheat Bread Milk	Cheez it Snack Crackers Bananas
Tuesday, August 29	Whole Wheat Cinnamon Swirl French Toast w/ Strawberry Puree, Fresh Sliced Apples Milk	Chicken Salad w/ Whole Wheat Ritz Crackers Cucumber Slices w/ Ranch Dressing, Bananas Milk	Whole Grain Pretzel Sticks Sliced Cantaloupe
Wednesday, August 30	Whole Wheat Mixed Berry Loaf w/ Fresh Berries, Sliced Honey Dew Milk	Spaghetti made with Whole Wheat Noodles and Ground Turkey Meat Sauce, Tossed Salad w/ Italian Dressing, Sliced Honey Dew, Garlic Bread, Milk	Town House Crackers Carrot Sticks w/ French Dressing
Thursday, August 31	Whole Grain Blueberry Waffle Sticks w/ Strawberry Puree, Orange Slices Milk	Fresh Ravioli Pasta w/ Ground Turkey Marinara Sauce, Green Beans, Honey Dew, Garlic Bread Milk	Whole Wheat Baguettes w/ Marinara Sauce and Cheese Fresh Sliced Apples

Water is given throughout the day. Menus may vary depending on availability of food and are subject to be changed.

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